

George Mason University
College of Education and Human Development
School of Recreation, Health and Tourism

HEAL 110.001 – Personal Health
3 Credits, Fall 2018
Tuesday 10:30am – 1:10pm, Thompson L018

Faculty

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Office Hours: By Appointment
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Prerequisites/Corequisites

None

University Catalog Course Description

Focuses on individual health improvement by studying mental/emotional well-being, fitness, nutrition, drug abuse prevention, consumerism, safety and other topics.

Course Overview

The focus of this course is health for the 21st century. Through a variety of learning activities, students will be expected to master content in 10 content areas of personal health. Students will also be expected to apply strategies for change to improve personal health.

Course Delivery Method

This course will be delivered using a lecture format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Recognize specific aspects and determinants of personal health;
2. Demonstrate knowledge in ten basic health areas:
 - a. Mental/emotional wellbeing
 - b. Fitness
 - c. Nutrition/weight management
 - d. Family/social wellness
 - e. Alcohol, tobacco and substance abuse
 - f. Infectious/chronic disease
 - g. Consumerism and health care utilization
 - h. Safety
 - i. Human growth and development
 - j. Environmental conservation

3. Identify ways they can improve their personal health;
4. Investigate the basic principles of the functioning of the human body as they relate to a person's health behavior choices and practices; and
5. Examine and discuss key facts, issues and problems related to personal health.

Professional Standards

Not Applicable

Required Texts

Textbook-Hales, D. (2015). An Invitation to Health (18th edition). Belmont, CA: Wadsworth Cengage Learning.

ISBN-13: 978-1305638006

ISBN-10: 130563800X

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Late work will not be accepted. Assignments are not accepted through email.

- **Assignments and/or Examinations**

This course will be graded on a point system, with a total of 350 possible points.

Exam 1—50 points – Chapters 1-7

Exam 2—50 points – Chapters 8-14

Exam 3—50 points – Chapters 15-20

Total Exam points—150 points

Personal Change Plan - 75 points

Quizzes-80 points

Assignments-20 points

1. Stress Management – 10 points

2. TED talks – 5 points

3. Nutrition – 5 points

Class Participation – 25 points

- **Grading Scale by Percentage**

A =94-100

B+ =88-89

C+ = 78-79

D = 60-69

A-=90-93

B = 84-89

C = 74-77

F = 0-59

B-= 80-83

C- = 70-73

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

See <https://cehd.gmu.edu/students/policies-procedures/>

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Week	Topics	Assignments	Due Date
1 – Aug 28	Ch. 1 The Power of Now		
2 – Sept. 4	Ch. 2 Psychological and Spiritual Well-Being	Quiz Ch.1 &2	In Class
3- Sept 11	Ch. 3 Caring for your Mind	Personal Change Plan Part 1	Due Sept 11
4 – Sept. 18	Ch. 4 Stress Ch. 5 Social Health	Begin Stress Profile	Due – Oct. 16
5 – Sept 25	Ch. 6 Personal Nutrition Ch. 7 Weight Management	Quiz Ch. 3-5 Begin Nutrition Assignment	In Class Due Oct. 9
6 – Oct 2	Exam 1		
7 – Oct 9	No Class, Fall Break		
8 – Oct 16	Ch. 8 Joy of Fitness	Quiz Ch. 6-7 Stress Profile Due	In class
9 – Oct 23	Ch. 9 Personal Sexuality Ch. 10 Reproductive Choices	Personal Change Midterm Due	
10 – Oct 30	Ch. 11 Lowering STDs Ch. 12 Addiction	Quiz Ch. 8-10	In class
11 – Nov 6	Ch. 13 Alcohol Ch. 14 Tobacco	Quiz Ch. 11-12	In class
12 – Nov 13	Exam 2		
13 – Nov 20	Ch. 15 Major Diseases Ch. 16 Infectious Disease		

14 – Nov 27	Ch. 17 Consumer Health Ch. 18 Personal Safety	Personal Change Plan Report Due	
15 – Dec 4	Ch. 19 Healthier Environment Ch. 20 Lifetime of Wellness	Quiz Ch. 15-18	In class
16 – Dec 18	Final Exam		

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

